COVID-19 Clinical Provider Resources

Idaho-Specific Resources

- Idaho Department of Health and Welfare Public Health District Information – A list of contact information for all of Idaho’s public health districts.
- Order PPE through the Idaho Office of Emergency Management: https://survey123.arcgis.com/share/9c50dac7187848d119b3a11bad25b61a8
- Idaho Medical Association – Coronavirus resources for physicians
- COVID-19 in Idaho – Idaho official resource for the novel Coronavirus
- Idaho Board of Pharmacy FAQ for COVID-19 Declaration of Emergency – An ongoing FAQ list collated by the Idaho Board of Pharmacy
- Idaho State Board of Medicine Proclamation – A proclamation stating that the Idaho Board of Medicine will issue temporary licenses to retired and inactive physicians, physician assistants, and respiratory therapists who have actively practiced within the last 5 years and have held a license to practice in good standing from Idaho or another state at the time of retirement or inactivity
- Letter to Long-Term Care Facilities Regarding Clusters of Respiratory Illness – Guidance from the Idaho Department of Health and Welfare on reducing risk of respiratory illness clusters and outbreaks
- Idaho State Board of Pharmacy Temporary Rule 704 – Medication limits to address the issue of stockpiling chloroquine or hydroxychloroquine
- Idaho Physician Orders for Scope of Treatment (POST) – This form is designed for persons with advanced chronic, progressive and/or end-stage illness
  - Idaho’s Repository of POST Forms

Volunteer Opportunities

- SURGE Volunteer Sheet – A volunteer sheet for health professionals interested in volunteering with St. Alphonsus
• **Find My Medical Reserve Corps** – Idaho is divided into 7 Medical Reserve Corps Units (MRC). Use this website to find the appropriate Medical Reserve Corps volunteer registry for your area
  o **Contact information** for the MRC coordinator in your district.

**Clinical Trials**

• **ClinicalTrials.gov** - COVID-19 registered trials can be found here
  o The trial mentioned in the NIH article on hydroxychloroquine is identifier NCT04332991
• **Post-exposure Prophylaxis or Preemptive Treatment for Coronavirus** - The University of Minnesota is conducting a research study to determine if taking a medication called hydroxychloroquine can help in preventing or treating COVID-19 disease

**Calculators and Evaluators**

• **Evaluating and Testing Persons for COVID-19** – CDC criteria to guide evaluation and laboratory testing for COVID-19
• **PSI/PORT Score** – Pneumonia Severity Index for community-acquired pneumonia

**Websites**

• **American Medical Association** – AMA resource center for physicians
• **Centers for Disease Control** – Information for health care providers and the community
  o Specific to PPE (respirators and masks): https://www.cdc.gov/niosh/docs/96-101/default.html
• **World Health Organization** – Coronavirus disease outbreak information
• **Virginia Commonwealth University** – General COVID-19 updates from VCU Health
• **Johns Hopkins University** – Up-to-date statistics from JHU
• **Center for Infectious Disease Research and Policy** – Information for public health experts, business preparedness leaders, government officials, and the public
• **American Society of Health-System Pharmacists** – COVID-19 resources for pharmacists
• **Assessment of Evidence for COVID-19 Related Treatments** - ASHP provides this evidence table to help practitioners better understand current approaches related to treatment and care

**Articles**

• **SARS-CoV2: What Do We Know So Far?** – An article by Dr. Pratik Hemant Khedkar and Professor Andreas Patzak
• **COVID-19 in a Paucisymptomatic Patient** – An article on the epidemiological and clinical challenge in settings with limited community transmission (Italy, February 2020)
• **LitCOVID** – A curated literature hub for tracking up-to-date scientific information about the novel Coronavirus
• **Clinical Management of Severe Acute Respiratory Infection (SARI) when COVID-19 Disease is Suspected** – Interim guidance from the World Health Organization
- Factors Associated with Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019 – An article discussing health care workers’ potential psychological stress if they have been exposed to COVID-19
- International Pulmonologist’s Consensus on COVID-19 – An article discussing mode of transmission, epidemiology, clinical features, diagnostic modalities, treatment, prevention, and frequently asked questions

Checklists, Toolkits, and Handbooks

- COVID-19 Preparedness Checklist for Nursing Homes - This checklist from the CDC should be used as one tool in developing a comprehensive COVID-19 response plan
- Communications Triage Kit – A coronavirus communications triage kit from The Communications Network
- Handbook of COVID-19 Prevention and Treatment – from the First Affiliated Hospital, Zhejiang University School of Medicine
- ICU Preparedness Checklist – from the Society of Critical Care Medicine
- Household Checklist – A family planning checklist from the CDC
- Being Prepared in the Time of COVID - Three important things each of us can do, right now, to be prepared

Videos

- Patient Intubation – An instructional patient intubation video by Dr. Benjamin Cornett

CME Opportunities

- Novel Coronavirus Education Resources – A list of accredited continuing education activities and additional resources that can help providers respond to COVID-19
- Mayo Clinic Talks COVID-19 – A mini-series podcast put on my Mayo Clinic
- University of Washington Tele-Antimicrobial Stewardship Program – Resources and CME opportunities through the University of Washington
- MD+ Calc – Free CMEs as a thank you for being on the front lines

Masks

- Strategies to Optimize the Supply of PPE and Equipment - CDC’s optimization strategies for PPE offer options for use when PPE supplies are stressed, running low, or absent
- Masks Reduce Exposure to Respiratory Infections Among the General Population – An article that finds any type of general mask use is likely to decrease viral exposure and infection risk on a population level, in spite of imperfect fit and imperfect adherence, personal respirators providing most protection
- Testing the Efficacy of Homemade Masks – An article that finds that a homemade mask should only be considered as a last resort to prevent droplet transmission from infected individuals, but it would be better than no protection
Provider Self-Care

- **Self-Care for Helpers** – A Behavioral Health ECHO session on self-care for helpers presented by Jeremy Stockett, LCSW, on March 20, 2019
- **Coping for Health Care Workers during COVID-19** – A slide deck from Jennifer Dougall, PhD, with Northeast Ohio Medical University
- **Resources to Support the Health and Well-Being of Clinicians during the COVID-19 Outbreak** – Resources from the National Academy of Medicine
- **Emergency Responders: Tips for Taking Care of Yourself** – Information from the CDC
- **Understanding Compassion Fatigue** – This fact sheet explains the causes and signs of compassion fatigue, offers self-care tips for coping, and discusses compassion satisfaction
- **Preventing and Managing Stress** – This fact sheet provides tips to help disaster response workers prevent and manage stress while on assignment
- **Humor and Resilience** – Information on using humor to build resilience from Dr. Abhilash Desai
- **FACE COVID** - A set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT)

Apps for Self-Care

- **Headspace** – Headspace, a guided meditation app, is offering all US healthcare professionals who work in public health settings free access to Headspace Plus through 2020
- **Moodgym** – Similar to an interactive self-help book which helps to learn and practice skills to prevent and manage symptoms of depression and anxiety
- **Insight Timer** – A large, free library of guided meditations
- **Sanvello (formerly Pacifica)** – On-demand help for stress, anxiety, and depression
- **Calm** – An app for sleep, meditation, and relaxation
- **Buddhify** – A meditation and mindfulness app designed to fit busy lifestyles
- **Stop, Breathe, & Think** – A friendly app to guide people through meditations for mindfulness and compassion

Perinatal Considerations

- **pregnancycovid19.com**- Information hub containing handbooks, toolkits, and additional resources for medical professionals to understand and address concerns about COVID-19 among pregnant women
- **American College of Obstetricians and Gynecologists COVID-19 Information**- Latest practice guidance: Advisory on Novel Coronavirus 2019 (COVID-19) including an algorithm to aid in assessment and management of pregnant patients with suspected or confirmed COVID-19
- **Society for Maternal Fetal Medicine COVID-19 Guidance** – Up-to-date guides and webinars containing information about caring for pregnant women for maternal-fetal medicine practitioners
- **CDC on Breastfeeding** - If a patient is breastfeeding and has symptoms of or confirmed COVID-19, here are steps they can take to avoid spreading the virus to their baby
- **PRIORITY** - Pregnancy CoRonavirus Outcomes RegIsTrY (PRIORITY) is a nationwide study of pregnant or recently pregnant women who are either under investigation for Coronavirus infection (COVID-19) or have been confirmed to have COVID-19.